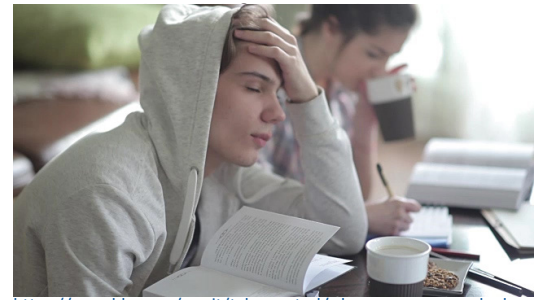


HEALTH, WELLBEING AND LIFESTYLE

Resource:

Why is it so bad to use screens before bed?



<https://www.bbc.com/ownit/take-control/why-are-screens-so-bad-before-bed>

»» Video: 2 mins 8 secs

»» Article: 1 min read

Learning objectives:

- »» 'I can explain why **spending too much time** using technology can sometimes have a negative impact on anyone, e.g. mood, sleep, body, relationships; I can give some examples of **both positive and negative activities** where it is easy to spend a lot of time engaged
- »» 'I can explain how using technology can be a **distraction from other things**, in both a positive and negative way'
- »» 'I can identify times or situations when someone may need to **limit the amount of time** they use technology e.g. I can **suggest strategies** to help with limiting this time'
- »» 'I can describe some **strategies, tips or advice** to promote health and wellbeing with regards to technology'

Content summary:

- Information about effect of screen use and some advice on how to limit negative impacts
- Using screens can disrupt sleep if used before bed
- Screens decrease melatonin: hormone for sleep and wake cycles
- Screens keep us alert physically and psychologically
- Benefits of sleep will occur:
- When avoiding screens an hour before bed
- When setting screen-free zones in house, e.g. bedroom

Glossary:





- **Mental Health:** emotional and behavioural well-being
- **Well-being:** the state of being healthy, happy and comfortable
- **Melatonin:** a hormone that helps the body's sleep cycle
- **Cycle:** a complete set or series

Topic introductions and starters	<p>Before the video:</p> <ul style="list-style-type: none">• Ask pupils to make a list of when they use screens – focus on evenings and before bed (this doesn't need to be shared, it's just for their own information) <p>After the video:</p> <ul style="list-style-type: none">• Check the pupils' understanding of any new vocabulary or specific terminology: e.g. mental health, well-being, engage, melatonin, cycle, disrupted, temptation• Watch the video again (either as a class or in smaller groups/pairs) and make notes – use pause/play/rewind to help with note taking• Use the notes to write a list of the effects on sleep that George shared in the video – rank them in order of seriousness/importance• Use the notes to write a list of the different suggestions for limiting screen time – add more suggestions based on own experiences
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<p>Discussion Points</p>	<ul style="list-style-type: none"> • Why is it so hard to limit time spent on screens? Is it because games, social media and videos are so addictive? • Should tech companies put warnings on their devices? Is it up to us to regulate our own behaviour? Should there be warnings on technology about usage? • Should our parents/carers ban devices from the bedroom? Would it encourage disobedience and cause arguments? Would it help us set limits? • Do we know enough about our own health and wellbeing? How can we find out more? Can our parents help us with this? What practices do you know for staying on top of your health and wellbeing (e.g. exercise, meditation)?
<p>Fillers and fast finisher activities</p>	<ul style="list-style-type: none"> • Create a quiz to help people understand the effects of screens on our brains and how this affects our sleep patterns • Create a crossword using the key vocabulary around this issue – write clues for each word that help explain them • Write a short article about screens and sleep, and use emojis and other symbols to illustrate your key points • Summarise the points made in the video in an infographic – a picture that shows information – don't use any words
<p>Signposting potential homework activities</p>	<ul style="list-style-type: none"> • Share video and information with friends and family – find out if they notice the effect of screens on their own sleep • Challenge yourself to ban your devices from the bedroom for a couple of days – keep a diary about how you feel and how your sleep patterns change • Create a poster/leaflet (use ICT if possible) to explain the issues around screen and sleep for parents and/or younger children


Test your knowledge with an Own It Quiz
<https://www.bbc.com/ownit/take-control/screen-time-before-bed-quiz>

Project Evolve has further resources to help cover these learning objectives.
Please note that registration is required to access these materials.

-  [Link: 'I can explain why spending too much time using technology can sometimes have a negative impact on anyone, e.g. mood, sleep, body, relationships; I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged'](#)
-  [Link: 'I can explain how using technology can be a distraction from other things, in both a positive and negative way'](#)
-  [Link: 'I can identify times or situations when someone may need to limit the amount of time they use technology e.g. I can suggest strategies to help with limiting this time'](#)
-  [Link: 'I can describe some strategies, tips or advice to promote health and wellbeing with regards to technology'](#)